

VITAL SIGNS



VOL IV No. 1

Naval Regional Medical Center, Orlando, Florida

1 October 1981

Administrative Residency Program

NRMC now training third Resident

CDR Robert J. Downs, NC, USN, the third Administrative Resident to report to NRMC Orlando, has already settled into his training regime under the expert guidance of CDR C. R. Loar, MSC, USN, one of the preceptors of the program.

The Health Care Administrative Residency Program is very competitive and is limited to three MSC officers and two NC officers each year. Applicants must be selected by their Corps and must also meet the academic requirements of Baylor University. The didactic part of the program is taught at the Fort Sam Houston Academy of Health Sciences and is managed by the U.S. Army with Baylor University being the degree-issuing institution.

During the period of the residency, each resident must achieve very specific goals. Each must submit at least one manuscript for publication in a professional journal; write at least three management analysis projects, one of which must deal with Preventive Medicine; attend at least two professional seminars or meetings; and do a graduate research project or thesis. All of these goals must be completed prior to the end of the residency year. Each resident will also spend 30 days in a civilian hospital studying and comparing the management of their health care delivery system to the military's.

Upon the successful completion of the Health Care Administrative Residency



CDR Robert J. Downs, NC, USN

Program, each resident receives a Master's degree.

CDR Downs has 15 years of commissioned service in the Navy. Prior to entering the Health Care Administrative Residency Program, he served as the Program Coordinator for the Officer Indocctrination School at Newport, RI. CDR Downs has also served at NRMC, San Diego; NRMC, Philadelphia; NNMC, Bethesda, and was assigned duty under instruction at the University of Pennsylvania.

CDR Downs is married and he and his wife, Elizabeth, have two children: Keri and Kristi.

September Inspection**Noted for Excellence**

CDR M. L. Pratt, MSC
 CDR B. Thomas, MC
 LCDR G. L. Robb, MC
 LCDR R. Schneider, MC
 HMC R. M. Reeder
 HMC J. E. Silvers
 HN R. G. Call
 HN H. D. Matheney
 HA D. Stone

Who was that gorilla we saw you with???

Birthday boy, HM1 Larry Mullis, and friend.
 Compliments of Mrs. Mullis!

Whoooizzit?

DO YOU KNOW THIS STAFF MEMBER? (Answer
 on Page 8.)



Career Counselor's Corner

By HMC Rex M. Reeder

Advanced Training

Prerequisites for HM "C" Schools are always subject to revision and, unfortunately, due to time delays, the Catalog of Navy Training Courses (CANTRAC) is not always as current as we would like it to be. The following are schools which have prerequisites not reflected in CANTRAC:

HM-8402 Nuclear Submarine Medicine Technician: Must be E5 for two years, and have at least six years as HM

HM-8425 Advanced Hospital Corpsman: Must be E5 for two years, and have at least six years in the naval service

It should be noted here that this is Advanced Hospital Corps School and not Independent Duty School as it is sometimes called.

HM-8501 Basic Laboratory: Standard Form 88 must be submitted with school request indicating color vision proficiency or other appropriate documentation.

Numerous requests are still being received for advanced training under the provisions of the GUARD III program. As stated in previous LINK articles—HM "C" Schools are not options under the GUARD III program. All HM school assignments are based upon a competitive selection process. Students are made available from the schools for their ultimate duty assignment. Personnel, if otherwise eligible, may request "C" School guarantees under the provisions of the STAR Program; however, these requests are still processed under the competitive selection system.

Qualified applicants are urgently needed to fill quotas in the following HM "C" Schools:

HM-8402 Nuclear Submarine Medicine Tech
 HM-8432 Preventive Medicine Tech
 HM-8445 Advanced Ocular Tech
 HM-8482 Pharmacy Tech
 HM-8485 Neuropsychiatry Tech

American
 Red Cross

Volunteer hours
 for August -
 1,716 1/2

Vital Signs' Staff

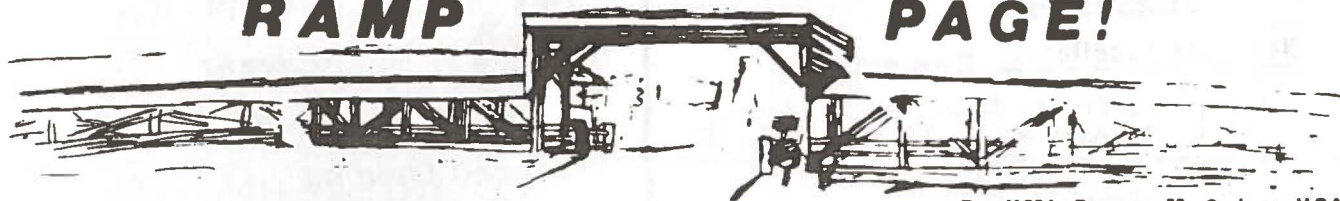
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RAMP PAGE!

By HM1 Bogan McQuigg, USN

Do you think the Hostages should be paid \$12.50 per day for their captivity?



Carolyn Mastin, Physical Exams:
"I don't think they should receive any.
Why should they?"



HN Kerry M. Cappel, Physical Exams:
"Yes..... it is a good idea because they
deserve it after being held all that time."



Barbara Jenkins, Secretary, NRM Annex:
"I feel \$12.50 is a small amount for
one's loyalty to one's country. Can we
put a price on someone else's life?"



HMC(SS) Mike Lenaghan, Recruit Medical
Boards Coordinator: "I don't think they
need special compensation. They were
serving their country in an official
capacity."



CW03 J. L. Shanklin, PA, Female Sick Call:
"Their sacrifice cannot be compared to
sacrifices made in time of war or national
emergency; however, they deserve an appropriate
compensation. \$12.50 is not appropriate."



HN Luis Saltos, Active Duty Medical
Records: "I think they should be paid
one-half of that proposed amount for
their captivity."



Chaplain's

Comments

By CDR W. E. Tumblin, CHC, USN

Quality, not quantity, counts

A neighbor applied fertilizer to his lawn as did many of us in September. But he did so at twice the recommended rate. You can imagine the result - scorched grass. I sympathize with him for I am guilty of falling into the trap of living by, "If one dose is good for you, two times must be twice as good for you." It seems that my neighbor and I both are trying to ignore the old law of diminishing returns. Is bigger better? Is more, more helpful?

In Luke 17:5 the apostles request Jesus to "make our faith greater." The surprising answer of Jesus indicates that the issue is better framed as quality rather than quantity. For in choosing the image of a mustard seed, he said tons about size. Apparently more is not the answer in matters of faith.

Audacity, expectancy, and initiative are required for daring risks of faith. In harmony with God, even mulberry trees move to exotic locations. Faith works with God's purposes and processes. My big struggle is aligning myself with those purposes and processes. Great faith does not control God. Rather, faith surrenders self to the great purposes and processes of God in our lifespaces and lifetime.



Sailor of the Quarter



HM2 David E. Porter, USN

HM2 David E. Porter, USN, Otolaryngology Service, is NRMCC's Sailor of the Quarter, Third Quarter, 1981. Petty Officer Porter was selected for the Award for his outstanding performance as well as his personal conduct, appearance and devotion to duty which has set a high example for others to emulate. Competition was exceptionally keen with 9 nominees. The other 8 NRMCC personnel who had the honor to appear before the Sailor of the Quarter Board were: HM1 F. Adgate, HM1 C. Glascock, HM1 A. Loveless, HM2 L. Barber, HM2 W. Bell, HM2 J. Perry, HM3 B. Kirby, and HM3 D. Tomlinson.

We're glad you're here!

CDR P. B. Coleman, MC, USNR, from Nav Hosp, Roosevelt Roads

HN M. J. Conner from FMSS, Camp Lejeune

HM3 A. A. Diaz from NSHS, Bethesda

HM3 C. R. Gibson from Ft. Sam Houston, TX

HN M. B. Quinsay from Ft. Sam Houston, TX

HMCS R. R. Wright from 2nd Med Bn

HR W. P. Stark from NSHS, San Diego

From HCS Great Lakes:

HR R. A. Carter

HA R. L. Feathers

HR K. C. Halladay

HR G. J. Hagar

HA M. A. Helms

HR R. A. Lema

HN D. Manning

HN E. G. Martinez

HA T. R. Prieskorn

HR D. L. Smith

HR K. M. Stephens

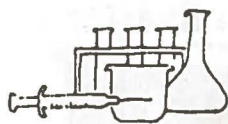
HA J. A. West

HR J. L. Wills

HA D. G. Wilson

HR T. M. Wilson

HR G. T. Zeller



Lab Line

LCDR L. T. Smyth, MC, USNR

Hello!



I thought I would take this opportunity to introduce myself..... I am Lcdr Lawrence T. Smyth, MC, USNR, and the new Chief of the Laboratory Service. I completed my pathology residency at NRMC Oakland and received orders to NRMC Orlando arriving on the 21st of July...just in time for the good weather. Of course, I found Orlando to be very different from the Bay area. Mainly, it is hotter, flatter, and has no eight lane highways! Well, whether or not I miss the hills of San Francisco, I'm sure Orlando and NRMC Orlando will be every bit as nice.

I must admit I have been pretty busy keeping up with the job here so far; but, I've gotten a lot of help from the fine people working in the Laboratory. They really care about doing quality work. I feel very fortunate to have such a crew. If problems do arise, please stop by and talk about them. Hopefully, that way, we can continue to do as good a job as possible.



Dear Admiral:

During Rear Admiral Pauline T. Hartington's second week as Commander, Naval Training Center, she received the following letter.

Dear Admiral Hartington:

This is Cystic Fibrosis Week. I would like to meet you. Please come see me.

Love

Laura Bruckbauer

*Room 336
Naval Hospital*

..... and the Admiral did visit Laura, a Cystic Fibrosis patient. Laura not only received an autographed picture of the Admiral but she also received an invitation to be the Admiral's guest at the Recruit Graduation Review. Laura is the daughter of Mrs. Linda Hoffman of Orlando and the granddaughter of Mrs. Suzanne Guthrie, a Dental Hygienist at NRDC (who, by the way, was the "letter carrier!")



RADM Hartington and Laura

20 year pin



Captain Schefstad presents a 20 year pin to Margaret Castrianni, Nursing Service. Almost all of those 20 years have been at this hospital.... both with the Air Force and the Navy!

Nursing

Service

By LT Steven W. Tudhope, NC, USNR

A few words of praise goes a long way

As members of this hospital's staff, we have had the opportunity, at one time or another, to supervise some of our co-workers. At times, we also have the opportunity to act as a leader in our various social groups. The type of situation and the goal to be accomplished dictates the manner in which we demonstrate our particular brand of leadership. Sometimes, however, we get so caught up in making sure things run smoothly while correcting the mistakes and pointing the finger of blame, we fail to recognize the positive strokes and things well done by those people who look to us for guidance. Failure to recognize an individual's efforts can lead to negative feedback, low morale and a rocky road in the accomplishment of the job. A negative attitude on the part of one person can rub off on others and fester and grow. And yet, the whole thing can be wiped out by a pat on the back, a few kind words on a person's performance and recognition for a job well done. Words of praise at the right time can make all the difference and spread that "good feeling" like wildfire.

Working with corps staff on the ward, I am placed in this situation on a daily basis. Trying to make a conscious effort to initiate those positive feelings is genuinely worth the effort. I feel that the ensuing working relationships are built on mutual respect and professional courtesy which, in turn, becomes the foundation of a successful and productive organization.



"Don't forget to turn your clocks back one hour" Oct. 25 at 2 a.m.

Blue Jacket of the Quarter



HN Dennis K. Jordan, USN

HN Dennis K. Jordan, USN, Nursing Service, is NRM's Blue Jacket of the Third Quarter for 1981. HN Jordan was selected for his high example of exemplary conduct, outstanding performance, impressive military bearing, and devotion to duty. The patients of the Intensive Care Unit have been the recipients of the dedicated health care, delivered during the last 15 months, by this mature, responsible Corpsman.

The other nominees considered for this award were: HN Randall Ballard, Nursing Service; HN Rebecca Richardson, Nursing Service; and HN Richard South, Laboratory Service.



Combined
Federal
Campaign



"Federal People Helping Others"

1 - 31 October

Give!



Master Shipwreck

HMCN(SS) R. C. Clements, USN

The Enlisted Advisor Program

The Enlisted Advisor Program has been revised and is ready for implementation. The basic concepts of the program will afford supervision, guidance, counselling and information to enlisted personnel at this command. The assignment of chief petty officers and certain first class petty officers as enlisted advisors and the assignment of those personnel to each advisor will be promulgated during the first week of October.

Some of the duties and responsibilities of the advisors include, but are not limited to: meeting at least monthly with each person assigned for the purpose of explaining command policies and actions which affect enlisted personnel; promote the advantages of a Navy career; assist the chief of service to insure that superior performance is recognized; counsel enlisted personnel regarding service record entries; review annual enlisted performance evaluations with the individual, and assist the individual in preparing for advancement in rating. In addition to the aforementioned guidelines, the advisors have been asked to promote pride and professionalism, good order and discipline, and monitor those personnel assigned concerning grooming and uniform standards. The advisors have been asked to maintain a close liaison with chiefs of service, Chief, Human Resource Management Service, Chief, Educational Services and the Command Master Chief in administering the Enlisted Advisor Program.

The Command Master Chief has the responsibility for the overall administration of the Enlisted Advisor Program. All advisors are required to submit a monthly report concerning successful or unsuccessful counselling efforts of personnel assigned to them. This report will be submitted to the Command Master Chief. The overall success of this program is

Athletic achievement

LT Kork J. Meyer, NC, USN, received special recognition from Navy Orlando Recreational Services for reaching the goal of jogging a total of 3,000 miles! Captain Nickerson, Director of Nursing Services did the honors and presented the colorful certificate to LT Meyer on 29 September.



CAPT Nickerson and LT Meyer

We're sorry you're leaving!

LCDR E. F. Aleta, MC, to NavHosp,
Philadelphia

CWO3 J. S. Kelley, PA, to NRMC,
Newport

CDR C. Sauer, MC, to civilian life

CDR J. Wills, NC, to NavAeroSpReg
MedCen, Pensacola

HR C. Sawyer to civilian life

HN R. Foxx to USS NIMITZ

HN T. Coltrane to FMSS Camp Pendleton
and FFT to 1st MarDiv

HN R. Thompson to 2nd MarDiv

HN T. Milfeld to VAW 115, Yokosuka

HM3 N. Lane to USS TRUETT

HN D. Lewis to USS VREELAND

HN D. A. Orf to 3rd MarDiv

HN I. Pabon to FMSS Camp Lejeune
and FFT to 2nd FSSG

HN A. Jordan to NRMC, Guam

HN D. M. Ambrozak to FMSS Camp Pendleton
and FFT to 1st MarDiv

HM3 E. Owens to NRMC, Yokosuka

HM3 B. Timmins to NRMC, Yokosuka

HN P. Miller to USS NEW ORLEANS

HN J. A. Suarez to NRMC, Okinawa

HN D. Lee to 3rd MarDiv

HM3 W. Singleton to FMSS Camp Lejeune
and FFT to 2nd MarDiv

HN R. Philbin to FMSS Camp Lejeune and
FFT to 2nd FSSG

HN I. Velez-Santiago to 2nd MarDiv

HM3 R. Talbot to AFEES, New Haven

HN K. Houston to 3rd MarDiv

incumbent on the individuals assigned as advisors. This program will provide a more significant communication mechanism to all enlisted personnel assigned to this command.



CAPT Fout's

Skipper - gram

We care

It has been said that medical personnel do a rather poor job of dealing with the chronically ill and dying. All too often this is probably true. We find excitement and satisfaction in the diagnosis and treatment and pleasure in the patient's successful recovery; but, the chronically ill and dying seem to rob us of those perhaps selfish gratifications.

However, with time, experience and maturity, many of us learn the rewards and importance of caring for all types of patients and perhaps especially in providing treatment, support and comfort to the chronically ill and dying.

Jody Lee Thornton was one of our patients who was known by many of our staff and who recently died from Cystic Fibrosis. The following brief, but cogent thank-you note is from Jody's mother. I believe it merits a place in our paper and in our hearts.

Jody Lee Thornton

4 May 1969

24 August 1981

Capt. Fout,

I want to take this opportunity to thank you and your wonderful staff. The time, care, patience and love they gave my son in the years preceding his death will never be forgotten. I wish I had a way to thank each of them individually. As Jody's illness progressed the people at NRC and more became his "family". This helped to shape his attitude about life and death, and gave him the spirit to continue his fight as long as he could. I could not have done it alone and your staff was always there when we needed them. Thank you again. You and your people will remain in my heart forever.

Vicki Thornton



CRA NOTES

By Joyce Sienia



Halloween Party

The CRA is sponsoring a Halloween Party at the Spike 'N Tale (Golf Course Lounge) for all hands at 1600 on Tuesday, 27 October. \$2.00 will gain your admittance to consume Beef Bar-B-Que, Cole Slaw, Baked Beans, Cider (hard and soft), and beer. The CRA members will be in costumes and masks will be given out to all those attending. Tickets will be limited so get yours early!

CRA BIRTHDAY GREETINGS TO: Emily Pritle and James Wilson on 4 Oct; John Cruz on 5 Oct; William Giba on 6 Oct; Deborah Radliff and George Walton on 8 Oct; Linda Andersohn and Catherine Davidson on 10 Oct; Joyce Hawkins on 12 Oct; David Beeler and Harriet Cuthrell on 13 Oct; Beacher Skeens on 16 Oct; Margaret Castriana on 17 Oct; Lois Ziglar on 19 Oct; Mary Davis on 20 Oct; Jane McCrea on 21 Oct; Robert Waldron and Jerome Walker on 22 Oct; Richard McGuire and James McIntye on 27 Oct; Patricia Horn on 28 Oct; and Maria Parrish on 31 Oct.

Whoo!zzit?

It's Patricia Johnson of the Surgical Service. Patricia has been an NRC employee for seven years and has a total of 15 years Federal Service. Patricia is married to her high school sweetheart and she and Ron both hail from the State of Illinois. Ron is employed at PM Trade. Patricia is the Tumor Registrar for NRC Orlando and is also President of the Florida Tumor Registrars' Association.

